Sheet pan pork chops with potatoes and broccoli

Ingredients

for the pork chops

- 4 thick-cut boneless pork chops
- salt and pepper
- 1 teaspoon garlic powder
- 1 tsp Italian herb seasoning
- ½ teaspoon smoked paprika
- 2 tsp dry ranch seasoning or Dijon sauce

for the broccoli

- 3 cups broccoli florets
- 1 tablespoon olive oil
- salt and pepper

for the potatoes

- 1 lb gold or red potatoes, diced
- 2 tablespoons olive oil
- salt and pepper
- 2 teaspoon garlic powder
- ⅓ cup grated parmesan cheese

Instructions

1. Preheat oven to 425 degrees and grease a baking sheet.
2. Cut and season potatoes with olive oil, salt, pepper, garlic powder, and grated parmesan cheese. Arrange potatoes on 1/3 of the sheet pan. Bake for 5-10 minutes while you prepare the pork chops.
3. Season pork chops.
4. Add pork chops to the pan, arranging them in the center third of the pan. Return to oven for 10 minutes.
5. Season the broccoli. Arrange broccoli on remaining 1/3 of the baking pan.
6. Return pan to oven and bake for another 10-15 minutes until broccoli and potatoes are tender.
7. Allow pork to rest for 3-5 minutes before serving with potatoes and broccoli. Enjoy!

Dijon sauce option: omit the dry ranch seasoning from the pork chops and use:

Dijon cream sauce

- 1 tablespoon butter
- 2 teaspoons minced garlic
- 1 cup chicken broth - I used low sodium
- 2 tablespoons dijon mustard
- 1 cup heavy cream
- ½ teaspoon salt, or to taste
- ¼ teaspoon cracked black pepper - or to taste

1. To prepare the sauce, add butter to the pan. Once melted, stir in garlic for 1-2 minutes until fragrant.
2. Add chicken broth.
3. Whisk in dijon mustard, then cream. Stir in salt and pepper.

Nutrition Calories: 455 kcal, Carbohydrates: 26 g, Protein: 37 g, Fat: 23 g, Saturated Fat: 6 g, Cholesterol: 97 mg, Sodium: 223 mg, Potassium: 1230 mg, Fiber: 5 g, Sugar: 2 g, Vitamin A: 620 IU, Vitamin C: 83 mg, Calcium: 147 mg, Iron: 2 mg